



# WESTSIDE YMCA POOL SCHEDULE - Sep 5 - Sep 30 Lap Pool

Note: Lane closures for Lessons begin September 11th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00am-8:00am</b> Lap Swim (All Lanes)	<b>6:00am-9:00am</b> Lap Swim (All Lanes)	<b>6:00am-8:00am</b> Lap Swim (All Lanes)	<b>6:00am-9:00a</b> Lap Swim (All Lanes)	<b>6:00am-8:00am</b> Lap Swim (All Lanes)	<b>7:00am-12:00pm</b> Lap Swim (All Lanes)	<b>7:00am-11:30am</b> Lap Swim (All Lanes)
<b>8:00am-9:00am</b> Water Aerobics No Lap Lanes	<b>9:00am-10:00am</b> Water Aerobics No Lap Lanes	<b>8:00am-9:00am</b> Water Aerobics No Lap Lanes	<b>9:00am-10:00am</b> Water Aerobics No Lap Lanes	<b>8:00am-9:00am</b> Water Aerobics No Lap Lanes	<b>12:00pm - 2:00pm</b> <b>3 Lap Lanes</b> (2 Lanes Family)	
<b>9:00am-5:00pm</b> <b>Lap Swim</b> <b>( All Lanes)</b>	<b>10:00am-5:00pm</b> <b>Lap Swim</b> <b>( All Lanes)</b>	<b>9:00am-5:30pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>10:00am-5:00pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>9:00am-6:00pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>		
<b>5:00-6:20pm</b> <b>Lap Swim</b> <b>(4 Lanes)</b> <b>1 Lane lessons</b>	<b>5:00-7:00pm</b> <b>Lap Swim</b> <b>(3 Lanes)</b> <b>2 Lesson Lanes</b>	<b>5:30-7:00pm</b> Lap <b>Swim (3</b> <b>Lanes) 2</b> <b>Lessons</b>	<b>5:00-6:20pm</b> Lap <b>Swim (4</b> <b>Lanes)</b> <b>1 Lesson</b>			
<b>6:20-7:00pm</b> <b>Lap Swim</b> <b>( 3 Lanes)</b> <b>2 Lessons</b>			<b>6:20-7:00pm</b> <b>Lap Swim</b> <b>( 3 Lanes)</b> <b>2 Lessons</b>			
				<b>Aquatic Manager</b> <b>Colin Norton</b> <b>cnorton@lansingymca.org</b>		



## **WESTSIDE YMCA AQUATIC INFORMATION**

### **SWIM LESSONS**

Next Registration October 9 for Members and October 11 for non-members 12pm

Lap Lanes and Catch Pool may be closed off for Private Lessons at varying times

### **LAP SWIM**

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 13 and up who are continuously swimming end to end.

### **YOUTH SWIMMERS**

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Must have parent in the water with the child

Ages 9-12 years old: Must have parent on the deck.

Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

### **Water Aerobics Arthritis Mon-Wed-Fri 8am-9am**

### **Water Aerobics Tuesday-Thursday 9am-10:00am**

Each class requires no swimming ability. Arthritis class is geared towards improved flexibility and less aerobic activity.

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